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metroLIFE

Your essential daily news | MONDAY, DECEMBER 7, 2015

High 11°C/Low 9°C Showers

BIKE LANE BENDER

Staff report calls for eight new bike lanes downtown

metroNEWS

A cyclist pedals along the Dunsmuir separated bike lane in January 2015. JENNIFER GAUTHIER/METRO

Review suggests council pay raise

CITY STAFF

Report says salaries have not matched inflation

Emily Jackson
Metro | Vancouver

An independent committee believes Vancouver's mayor, councillors and park board commissioners deserve a slight raise.

The newly revealed 2015 Elected Officials' Compensation Review recommends boosting park board commissioners' salaries to keep up with inflation — their compensation hasn't budged since 1992 — and providing the mayor and councillors with extras including health and welfare benefits, a transition payment as a cushion for when they leave office and a stipend for those who aren't deputy mayor.

Mayor Gregor Robertson called for the compensation review almost exactly a year ago on the first day of his third term. The review found that 100 per cent of park board commissioners and 75 per cent of councillors believe their current base salaries ($8,000 and $67,994 respectively) are inadequate. Most have other income sources.

Should council approve the review's recommendations, the park board base salary would get a one-time boost to approximately $11,000, and a small annual increase thereafter. This will cost an estimated $19,140 in 2015.

The councillor and mayor salaries would be calculated as they have been since 1995 — they are tied to the average full-time salary of a Vancouverite and adjusted annually. (Councillors' salaries have increased more than fire, CUPE and exempt City of Vancouver staff since 1995.) But they would be eligible for health and welfare benefits, a transition allowance and an "on-duty supplement" that would cost an extra $83,920 in 2015.

75%

Percentage of councillors who said their salaries were inadequate.

The city will need permission from the province to give the mayor and councillors health benefits because that requires altering the Vancouver Charter.

The report also recommends additional support staff for councillors, but it did not explore how many would be appropriate or how much that might cost.

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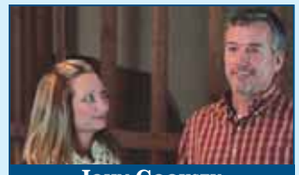

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1 Purchased Duplex - $800/mth

Individual results may vary, some are better or worse because it depends on how much time, energy and money an individual puts into their real estate business. © 2015 NVCompanies. All Rights Reserved. Gifts and promotional materials may vary.

metro NEWS
Your essential daily news

Food and Christmas gifts among first U.S. shipment to the International Space Station in months.

SANTA CLAUS PARADE **RAIN DOESN'T DAMPEN CHRISTMAS SPIRIT** St. Nicholas waves to the crowd during the 12th annual Rogers Santa Claus parade through downtown Vancouver on Sunday. Thousands of spectators braved the rainy weather to take in more than 50 marching bands, choirs and festive floats. Many gathered in front of the Vancouver Art Gallery earlier in the morning for a host of activities, including ornament decoration, a letters to Santa station and a holiday photo booth. This year's parade grand marshal was Rolly Fox, the father of Terry Fox. TEREZA VERENCA/METRO

Skateboarders in bike lanes?

PROPOSAL

Police worry change will result in more conflict

Emily Jackson
Metro | Vancouver

Skateboarders might not be banned from Vancouver's separated bike lanes for much longer.

A new staff report seeks council's approval to allow skateboarders in separated bike lanes in a bid to get them off sidewalks and reduce conflict with pedestrians. As it stands, skateboarders are only permitted on minor streets — a rule that is widely ignored.

Under the proposed rules, which would be adopted as a one-year pilot project, skateboarders will be allowed in bike lanes as long as they wear helmets, don't wear headphones and equip their skateboards with lighting or reflective equipment. Skateboarders still will not be allowed in painted bike lanes.

Staff first considered allowing skateboarders in separated bike lanes in 2001, yet ultimately decided it was a bad idea because skateboarders are generally slower than cyclists and hard to pass.

But they've had a change of heart because skateboards are increasingly being used as a way to get around the city and protected bike lanes are wider than they were a decade ago, according to the report. Plus, they argue that by encouraging skateboarding as a legitimate way of getting around, the city will be better able to meet its goal of less car use.

Staff consulted with police, the park board, ICBC, Vancouver Coastal Health, Road Safety B.C. and the skateboarding and cycling communities before making the recommendation, which they argue is supported by an analysis of ICBC data.

But the police department is concerned the plan will result in increased conflict between skateboarders and cyclists, according to a statement provided to the city's engineering department. Police also worry there will be problems during congestion or on hills because skateboards don't have brakes.

Should council vote in favour of the bylaw changes, the rules would also apply to people on non-motorized skates and push scooters. Police say they will monitor the trial to see if it's safer than the status quo.

A City of Vancouver report recommends allowing skateboarders in separated bike lanes for a one-year pilot project. EMILY JACKSON/METRO

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WEATHER

Up to 50 mm of rain expected Monday

Emily Jackson
Metro | Vancouver

Vancouver will earn its "Raincouver" nickname over the next few days.

Environment Canada issued a rainfall warning for Metro Vancouver on Sunday for a storm expected to bring gusty winds and up to 50 millimetres of rain by Monday morning. A bit of a lull is anticipated before another storm brings significant rain on Tuesday, Environment Canada forecaster Greg Pearce said.

Storms pumillimetreselled the region over the weekend, when a Saturday weather system brought up to 75 millimetres of rain to the North Shore and parts of Coquitlam.

Approximately 40 millimetres fell in the city centre.

"We've had so much rain and it doesn't take much more to cause local flooding," Pearce said.

The wet weather comes with mild temperatures that are about five or six degrees above normal, Pearce said. This is expected to last until Thursday.

The high freezing level is not great for the local mountains, which are struggling with rainfall instead of snow, Pearce said.

But Whistler ski fans will be pleased to know it's still cold up north and the resort got a big snow dump in the alpine over the weekend.

> **"We've had so much rain — and it doesn't take much more to cause local flooding.**
> Forecaster Greg Pearce

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TRANSLINK

Ari Ron's point is that the real estate market in the Lower Mainland is "outrageous." CONTRIBUTED

That's some sweet price

CRAIGSLIST

Gingerbread house lists for $4.5 million

Tereza Verenca
For Metro | Vancouver

A Vancouver man is poking fun at the Lower Mainland's real estate market by listing his gingerbread house on Craigslist for $4.5 million.

After taking two days to build the edible ornament, Ari Ron posted the ad Thursday.

"It looks like a typical, old character home on a small lot, which is basically what developers are collecting right now for redevelopment for condo sites, and they're paying like $4.5 million per property," he told Metro.

The tongue-in-cheek ad, which boasts the one-foot-by-nine inches lot as an "investor's dream," has struck a positive nerve with people, Ron added.

"People are struggling. Even if you make half a million dollars a year, it doesn't mean you're getting a mortgage. A lot of people can't get mortgages, so a lot of people are renting or have roommates."

Ron and his partner have been debating renting out their Yaletown condo and moving to the city's West End, but have been discouraged after running into outrageous prices and the nearly zero-vacancy rate.

"They're like $2,000 (a month) for like 650 square feet. I mean, this isn't New York or Tokyo," he said.

Responses to the Craiglist ad have been coming daily. One offered to trade a cake for the gingerbread house; another pitched $2 million in counterfeit Canadian Tire money.

Someone will eventually get their hands on the miniature home. Ron has set up a GoFundMe campaign to support BC Children's Hospital. He plans to hand-deliver the creation to the person who makes the largest donation.

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POLITICS

Former premier Bennett dies at 83

Former B.C. premier Bill Bennett, an architect of financial restraint in the province and a signatory to Canada's constitution, has died in his hometown of Kelowna at the age of 83.

Bennett had been suffering from Alzheimer's disease for several years and died Thursday.

His family said in an obituary that Bennett cherished his time with them and had a quick wit and great sense of humour.

"Bill was competitive in all aspects of his life, whether in business, politics or the game he loved most — tennis."

Bennett used that competitive streak to lead the Social Credit party in a December 1975 landslide victory over Dave Barrett's New Democrat Party.

He took over the party from his father W.A.C. Bennett, who stepped down in 1972 after his 20 years in power ended in electoral defeat.

Under Bennett's helm, the Socreds took 34 of 55 seats in the legislature and more than 49 per cent of the popular vote.

During the 1981 constitutional negotiations, Bennett was one of the so-called Gang of Eight premiers who opposed many elements of then-prime minister Pierre Trudeau's plan to patriate the constitution unilaterally.

The Gang of Eight eventually fell apart with only Quebec opting out of the constitutional compromise that led to patriation in 1982.

Prime Minister Justin Trudeau issued a statement, offering his condolences to Bennett's family and friends, calling the former premier a savvy politician and businessman who did a great deal to build both the province itself, and its reputation.

THE CANADIAN PRESS

IN BRIEF

Police investigating attack

Police are investigating after a woman was violently attacked in East Vancouver early Wednesday morning.

Around 1:30 a.m. a woman walking northbound past Rupert Park near the intersection of Rupert and Kitchener streets was attacked from behind by a stranger, according to Vancouver police.

Police said the woman was hit several times, choked and kicked before she was able to fight back with her umbrella and flee. She was taken to hospital with injuries to her head, neck and arms.

Police describe the attacker as a white man in his 30s, five-foot-eight with a skinny build, brown hair and blonde stubble. He was wearing a black baseball cap, a green jacket with a letter "B" varsity logo and work boots.

THANDI FLETCHER/METRO

Officers rescue sleeping women from blaze

Vancouver police say officers pulled two sleeping women from a burning, makeshift shelter built out of tarps and shopping carts.

Police say the officers lifted the tarps and saw two women sleeping, one wrapped in a burning blanket.

Police say the women were not injured but officers will review video from the area to determine the cause of the fire. THE CANADIAN PRESS

New city report will be a cyclist's delight

URBAN PLANNING

Big expansion of bike lane network may be in the offing

Emily Jackson
Metro | Vancouver

Vancouver is planning to go on a bike lane bender.

A new city report recommends building a dozen new bike lanes across the city over the next five years, including eight on the downtown peninsula. The report, which will go before council this week, also pitches upgrades to more than a dozen existing routes.

The proposed additions to Vancouver's cycling network come after a record year for cycling levels. Data from permanent bike counters shows a 16 per cent increase in bike trips in 2015, with 1.4 million trips across the Burrard Bridge alone, according to the report.

16%

Data from permanent bike counters shows a 16 per cent increase in bike trips in 2015.

EMILY JACKSON/METRO

The city states its priority is to build bike lanes suitable for all ages and abilities — ideally that means separated or on calmed streets — in areas with high demand or critical gaps in the network, according to the report.

Downtown streets poised to get new bike lanes include Park Lane in Stanley Park, Bute Street, Burnaby-Drake, Smithe-Nelson, Cambie Street, West Waterfront Road, Water-Alexander-Powell and the Granville Bridge. Outside the downtown core, routes are proposed on Gore, Commercial Drive, Kent and Hudson.

As always, parking spots will be the top casualty of bike lane construction, with some lost on Beatty (one side), Cambie (a quarter of on-street parking), Richards (20 per cent of on-street parking) and Smithe/Nelson (20 spots).

It's not clear what exactly the city envisions for Water Street, but it says it will be home to the "Portside Greenway." The new plan also includes upgrades to the seaside greenway on Point Grey Road and completion of the Helmcken section of the Comox-Helmcken greenway.

But the report was careful to point out the proposed routes aren't necessarily a done deal, as council's approval is required for major changes. The city promises to gather feedback and consider the impact on all stakeholders before construction begins.

A BONA FIDE FEAST MISSION SERVES UP TONNES OF FOOD Volunteers at the Union Gospel Mission prepare a turkey dinner on Saturday for the UGM's annual Christmas feast. In all, the mission served 2,859 meals. It included 2,500 pounds of turkey, 800 pounds of mashed potatoes and 600 pies. ANDREW TARAN/UGM

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UNITED ARAB EMIRATES

Teen urges Liberals to help release dad

An Ontario teen is calling on the new Liberal government to secure the release of her father, who has been languishing in a United Arab Emirates prison without charge for more than a year.

Marwa Alaradi has written to Prime Minister Justin Trudeau and every MP on Parliament Hill asking for Canada to intervene in her family's ordeal.

"We want them to negotiate with the U.A.E., to understand what's going on," she told The Canadian Press in an interview. "I showed them that I need help."

Salim Alaradi, a 46-year-old Canadian of Libyan origin who was running a business in Dubai, was abruptly detained without explanation in August last year.

His daughter now hopes an intervention from the federal government may help set her father free.

"It's not a case of a criminal, my father did nothing wrong, he was a normal person."

Alaradi was born in Libya and immigrated to Canada from the U.A.E. in 1998, living in Vancouver with his family. He decided to return to the U.A.E. in 2007 to run a home appliance business with his brother.

> **My father has been going through injustice for more than a year now.**
> Marwa Alaradi

He and his family were on vacation in the U.A.E. when he was arrested. For two months his family didn't know if he was dead or alive. They then found out he was being held at an Abu Dhabi prison, though they have never been told why.

The family's communication with Alaradi has been limited and they have expressed concerns that he is being mistreated behind bars.

THE CANADIAN PRESS

Canadian Salim Alaradi and his son, Mohamed Alaradi are shown on a family vacation in the United Arab Emirates in a 2013 family photo. THE CANADIAN PRESS

A motorist attempts to move his car in Halifax on March 18, 2015. Weather-related challenges will no doubt face many of the 25,000 Syrian refugees the federal government has committed to bring to Canada by early next year. THE CANADIAN PRESS FILE

It's a shock to arrive in winter: Refugees

WEATHER

Agencies collecting coats, gloves, hats, boots

It was a frigid February in 1985 when Getachew Woldeyesus arrived in Saskatchewan as a refugee.

The young man from Ethiopia stayed inside for two months.

"Because you don't know, is it slippery out there? Are you wearing the right shoes? It's freezing out there, so I was afraid to go out," Woldeyesus recalled in an interview with The Canadian Press.

Weather-related challenges will no doubt face many of the 25,000 Syrian refugees the federal government has committed to bring to Canada by early next year. Social agencies, church groups and private citizens across the country have been organizing donations of clothing with an emphasis on coats, gloves, hats and winter footwear.

Woldeyesus was 19 when he fled his home country in 1980 because of a civil war. He spent a few days in Sudan and a few years in Italy before finally being approved to resettle in Canada.

It was difficult to leave his family behind and make the dangerous journey.

When he finally got to Regina, Woldeyesus received support from the Regina Open Door Society. A volunteer mentor helped him get through the winter.

"The first winter was better. The second ... you started getting used to it. But of course it's shocking for the people to arrive in winter."

Ali Abukar agrees.

Abukar fled Somalia and lived in Egypt as a refugee before arriving in Canada in 2011. He lived in Ontario before moving to Saskatoon in the winter of 2013.

"I think what also made it very difficult for me was the wind chill," he said.

Abukar, who is now executive director at the Saskatoon Open Door Society, said sometimes refugees and immigrants don't know what clothes to wear in the winter.

"We bring nurses or people who can talk about the problems that people can get exposed to if they don't dress properly," said Abukar.

"And we even demonstrate how to dress up, how to put those extra layers to make sure that you don't have some of the wet parts of the weather sneak into your body."

THE CANADIAN PRESS

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UNITED STATES

Obama vows to beat terror threat

In a rare Oval Office address, U.S. President Barack Obama vowed Sunday night the United States would overcome a new terror threat that seeks to "poison the minds" of people here and around the world, as he sought to reassure Americans shaken by recent attacks in Paris and California.

"I know that after so much war, many Americans are asking whether we are confronted by a cancer that has no immediate cure," he said, speaking from a lectern. "The threat from terrorism is real, but we will overcome it."

Obama's 13-minute address is likely to leave his critics dissatisfied. He announced no significant shift in strategy and offered no new policy prescriptions for defeating the Islamic State of Iraq and the Levant (ISIL), underscoring both his confidence in his current approach and the lack of easy options for countering the extremist group.

He did call for a review of the visa waiver program for people seeking to come to the U.S. and said he would urge private companies and law enforcement leaders to work together to ensure potential attackers can't use technology to evade detection.

He also called on Congress to pass new authorization for military actions underway against ISIL in Iraq and Syria and to approve legislation to keep people on the "no-fly list" from buying guns.

Obama also reiterated his call for tightening gun laws, saying no matter how effective law enforcement and intelligence are, they can't identify every would-be shooter. He called it a matter of national security to prevent potential killers from getting guns.

THE ASSOCIATED PRESS

U.S. President Barack Obama
THE ASSOCIATED PRESS

FRANCE

Far right party in election lead: Polls

France's far right National Front won more support than any other party in the first round of regional elections Sunday, according to polling agency projections.

Polling agencies Ifop, OpinionWay and Ipsos projected the National Front won between 27 and 30 per cent support nationwide.

The polling projections estimated the percentage of votes for different parties, not the number of seats they are expected to win on France's regional councils. The number of seats will be determined in next Sunday's runoff, which pits the leading parties in each region against each other.

The Les Republicains party and its allies were projected to come in second place in the national vote at around 27 per cent. THE ASSOCIATED PRESS

People pay respects Sunday at a makeshift memorial honoring the victims of Wednesday's shooting rampage in San Bernardino, Calif. JAE C. HONG/THE ASSOCIATED PRESS

City calls for unity as it grieves its dead

SAN BERNARDINO

Wife may have radicalized husband: investigators

At a church, a mosque, a makeshift street-corner memorial and other sites, they gathered Sunday to mourn the 14 victims of the San Bernardino, Calif., shooting massacre and lament that the community now joins the list of U.S. cities scarred by terrible violence.

Residents struggled to come to terms with the violence and hoped the community would unite in mourning and not be divided by the disclosure that the killers were a religious Muslim couple.

"It's unfortunate that we're on this list now, a list like Newtown, Aurora and others where such tragic events occurred," California Rep. Pete Aguilar told a crowd at a mosque. "It's not how I want San Bernardino remembered."

Meanwhile, investigators were looking into what led Tashfeen Malik and Syed Farook to attack the gathering of Farook's co-workers on Wednesday, in what appears to be the deadliest attack on American soil by Islamic extremists since 9/11.

Authorities were trying to determine if Malik, who was born in Pakistan and spent considerable time in Saudi Arabia, radicalized her American-born husband, Farook, and was the driving force behind the rampage, two officials said Sunday.

That possibility emerged late last week when it was disclosed that Malik had pledged allegiance to the Islamic State of Iraq and the Levant (ISIL) group in a Facebook post about the time of the bloodbath at a holiday luncheon.

Malik, 29, and Farook, 28, were killed in a furious shootout with police hours after the attack.

On Sunday, scores of mourners visited a growing memorial on a corner near the social service centre where the shootings took place. There were American flags, a poster that read "Pray for the world," balloons, candles and cards. Many said they hoped the community would pull together.

"I'm trying to use it as a teaching thing for myself and for my children that horrible things happen, but it doesn't mean that everybody is a horrible person," said Eric Abrams, of San Bernardino.

THE ASSOCIATED PRESS

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Scientists enlist help from a higher power

CLIMATE TALKS

Interfaith community calls for action on warming

The cold hard numbers of science haven't spurred the world to curb runaway global warming. So as climate negotiators struggle in Paris, some scientists who appealed to the rational brain are enlisting what many would consider a higher power: the majesty of faith.

It's not God versus science, but followers of God and science together trying to save humanity and the planet, they say.

Physicist John Schellnhuber, founder of the Potsdam Institute for Climate Impact Research in Germany, said he has been coming to these international talks for 11 years and essentially seen negotiators throw up their hands and say "sorry guys, we tried our best." And no one protested. But this time, with the power of Pope Francis' encyclical earlier this year calling global warming a moral issue and an even more energized interfaith community, Schellnhuber feels the world's faithful are watching and will hold world leaders accountable.

Filipinos hold a poster with a picture of Pope Francis during the Climate Solidarity Prayer March in Manila last month. Pope Francis' encyclical calling global warming a moral issue has energized faith groups to get involved. THE ASSOCIATED PRESS

In the first five days of climate negotiations, interfaith activists came, fasted, talked to media, buttonholed leaders and prayed. On Saturday night in a downtown Paris chapel, hundreds of people, many of them prostrated on the ground, sang and prayed for the climate negotiators and mostly for the world. Faith "is much deeper" than science, said Caroline Bader of the Geneva-based Lutheran World Federation.

And so are their numbers. Bader said interfaith leaders recently handed top United Nations negotiators a petition with 1.8 million signatures begging for meaningful climate action.

THE ASSOCIATED PRESS

DRAFT

Agreement reached

Negotiators adopted a draft climate agreement Saturday that was cluttered with brackets and competing options. The 48-page draft agreement was sent to environment and foreign ministers who will work on it this week.

TRADEMARKS

Trump cashes in on Central Park name

Donald Trump is arguably New York City's most famous resident, and he's made some of his money off the name of one of its most famous public landmarks: Central Park.

The Republican presidential candidate has trademarked the words "Central Park" on items including furniture, chandeliers and even key chains.

Records show Trump first put a trademark on the name in 1991, when the city's crime rate was near its height and Central Park had a less-than-glamorous reputation.

The trademark has expanded over the years and was most famously used on a line of Trump-branded furnishings, including tables, beds, lamps, pillows and picture frames.

A Trump spokesman declined to say how much money has been made off the trademark, which was first reported by the cable news channel NY1.

THE ASSOCIATED PRESS

IN BRIEF

It could have been called Disney World St. Louis

A Disney theme park in St. Louis? It almost happened, but dispute over money doomed the project. Now one of the few remnants of the Disney park that might have been is going on the auction block — 13 pages of 1963 blueprints spelling out plans for "Walt Disney's Riverfront Square" in St. Louis. THE ASSOCIATED PRESS

Oil rig owner appeals for help in search for bodies

Azerbaijan's state oil company SOCAR said Sunday that it was still searching for 29 workers missing after a fire swept through an offshore oil platform. But it has also asked the four other countries who share the Caspian Sea to search their own territorial waters for bodies of the oil workers. THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Monday, December 7, 2015

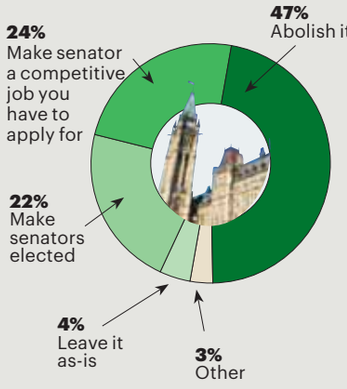
Metro MONDAY POLL

Introducing: Senator You

Visit metronews.ca **every Friday to have your say.**

The Trudeau government is planning to transform the Senate into an independent, non-partisan chamber — possibly the biggest change to the scandal-plagued Upper House since Confederation. Rather than being appointed as a senator, you'll have to apply for it like any other job. But plenty of critics say it's time to ditch the Senate entirely, make senators elected or enact some other radical reform. We asked our readers if they're prepared to let go of the house of sober second thought, and what they would like to see on their representatives' resumes.

1 What should be done to reform the Senate?



- **Senators should be chosen by the provinces.**
- **Make the Senate non-partisan, filled with the best Canadians.**
- **Have a vote for all or a portion of the seats.**

2 What should the government do about diversity in the senate?

33% Make the selection process merit-based only
24% Mandate gender parity and ethnic diversity
43% Neither, let's ditch the senate entirely

SENATE SPEAKER GEORGE FUREY IS ESCORTED TO HIS NEW CHAIR

3 What qualities should a senator have?

18% Extensive experience in a professional field
17% A clean financial record
15% A pleasant and not-too-partisan manner
13% A record of community service
6% A certain age (i.e., older than 35)
6% Bilingualism
3% Government or public service experience
20% None of the above, abolish the senate
2% Other

- **Minimum age should be 50.**
- **Member of the Order of Canada for at least five years.**
- **No political affiliations at all.**

WE ASKED Metro readers

Liquor workers will roll in marijuana money

CITY HOLLER
Trish Kelly

Last week, the B.C. Government and Service Employees' Union (BCGEU) and the B.C. Private Liquor Store Association (BCPLSA) announced a partnership to advocate for the sale of marijuana for recreational use at liquor stores across B.C. by Christmas next year.

The union and private retailers' association noted the existing liquor distribution and retail system in B.C. already offers a disciplined retail environment that is age-restricted, with all the right infrastructure to sell this additional option for hedonists.

Let's protect the workers along the pot supply chain, right down to those who vend it.

Between the two organizations, it's a pretty compelling endorsement.

Marijuana activists have to be miffed. After decades of fighting to dispel the stigma and challenge the criminality of pot use, at the expense of their credibility and even freedom, finally, here comes legalization and legitimacy. And now, their just reward, legit taxable income, could be co-opted by these squares in liquor distribution.

As sad as the trailblazers will be if this push is successful, it does make sense that liquor stores handle pot sales as well.

B.C. seems to be okay with cigarettes being sold in neighbourhood convenience stores, as long as they are masked behind unsubtle shelving units, but pot could do better for itself in a retail liquor store environment. Suddenly all the best marketing tools are on the table: cool package design, brand names with puns, buy-one-get-one deals. And just think of the cross-merchandizing opportunities with snacks.

The BCGEU, which already represents 3,800 workers at almost 200 government stores, must be quite pleased with itself for forging a relationship with BCPLSA, a business association that represents almost 700 retail stores, with thousands of employees. These workers aren't unionized. Not yet anyway. But as BCGEU and BCPLSA cosy up, they have to be crunching the numbers. A juicy new revenue source with good margins could pay for unionized wages.

And why not? If we're going to legalize it, why not unionize it? Plenty of B.C.ers work in the black market pot industry, where they're vulnerable to exploitation from criminal elements or at the mercy of crappy bosses who know their employees have no legal recourse. As we daylight the pot economy, let's do more than just raise tax revenue. Let's protect the workers along the pot supply chain, right through to those who vend it.

To the trailblazers who got us to this point, where a Canadian Prime Minister can follow through on a promise to make it legal, I say mad props. You fought the good fight, and you were right. Your rewards will not be riches, but you gave birth to a new generation of living wage jobs for Vancouver, that's gotta be its own kind of high.

Trish Kelly lives and writes in East Vancouver. Follow her @trishkellyc

ROSEMARY WESTWOOD
metroview

'Tis the season for hangry (hungry+ angry) travelling

Where are they?

The flight attendants? We took off 30 minutes ago — I just checked — and you know what that means? Food and beverage service!

One of them is serving first class — here comes the wine — and I'm fantasizing about pressing the call bell (which I never do) because I want to know: Are you going to feed the common people or not?

I already ate the sticky-sweet energy bar I brought for emergencies. But the situation is worse than I thought. You know what I really want? A double quarter-pounder with fries and a chocolate shake. This is travel, and desperate times call for fat, sugar and salt in abundance.

This non-TV flight took off from Washington-Dulles, the capital of Am'rica. And you know what should be easier than finding pee on an airport toilet seat? Finding the Golden Arches in the bloody U.S. of A.

It's my fault for booking a short stopover. I was thinking I'd save time, but I really just cemented my chance of starving to death before reaching my final destination. There was no way I could wait in line (another line!) behind 30 other starving people at the random burger joint that doesn't seem to do fast food, despite the fact that people trying to catch flights don't have time for your handcrafted patties and marinated bull!

So, I'm in the window seat and the lanky teenager next to me is already doing the mouth-gape head-back doze, one boney knee clearly on my side of the invisible leg divide, which means I can't get up to demand service from the men and women in blue (always blue). Except even in my fantasy, the outrage is downgraded to a passive-aggressive "Excuse me? But, I was just wondering? Does this flight offer food?" Being Canadian is so anticlimactic.

These tiny seats are the adult version of being strapped into a stroller, helplessly crying that you're hungry or thirsty.

Oh sure, not all flights are as desperate as this one. Once, I took two Valium tablets and had a few glasses of wine and floated all the way from London to Vancouver. If I didn't know better, I'd say Valium is the only way to travel, plus points for retro. I'd take some Valium right now.

OK, here they come. Slowly. I'm shaking my leg. My wallet's been out for ages. Time for some cheddar cheese spread on two crackers, and a gluten-free cookie. Survival.

These tiny seats are the adult version of being strapped into a stroller.

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How pregnancy can affect oral health

Problems should be dealt with immediately

SHUTTERSTOCK

Everything changes when you're pregnant, including aspects of your oral health.

A chain reaction caused by increased estrogen production can sometimes put the oral health of pregnant women at risk.

"Dentists must take a proactive role in helping pregnant patients protect their oral health," says Dr. Benson Fung, a dentist at Victoria and 54th Family Dentistry in Vancouver.

Increased estrogen production that happens during pregnancy can cause the capillaries inside the nose to become engorged, causing nasal breathing to become more difficult. As a result, the individual will breathe more often with her mouth open, particularly at night.

When this happens, saliva is prevented from circulating and coating the teeth. Where the saliva would normally provide a protective coating for the teeth, they become dry and prone to infection. Increased levels of progesterone and estrogen during the first trimester of pregnancy also exaggerate any inflammatory reaction in the gums.

When a pregnant woman experiences gum disease due to these effects, it's called periodontal disease pregnancy gingivitis. The condition usually happens in the first trimester of pregnancy.

Oral health due to this disease has been linked by some studies to adverse pregnancy outcomes including preterm labour and low birth weight.

Because the pregnant mother's immune system is naturally suppressed as a result of pregnancy, the activity of her immune cells is reduced, and if she has developed an infection related to gum disease, there's greater-than-average potential for it to develop into a deeper infection in the gums, and, potentially infect the throat.

If a pregnant woman has cavities, they should be dealt with as soon as possible to minimize the negative effect those infections might have on her immune system, and on her future oral health.

"Some people just use painkillers to minimize their oral pain when they have an infection. This is an insufficient treatment. Anyone, including a pregnant woman, who has a cavity needs to get it treated immediately," says Dr. Fung. "Moreover, pregnant women should not wait until after the baby is born before they go see a dentist. Getting treated now will help their overall health and the health of their baby."

SHUTTERSTOCK

Dental care can help prevent illnesses

When your gums are under the weather, it can lead to many more health problems, research has found.

Preventing gum disease is one powerful way you can improve your health, according to Dr. Benson Fung, a dentist at Victoria and 54th Family Dentistry in Vancouver.

"We make sure our patients leave our clinic not just with clean, well-maintained teeth, but also with the knowledge they need to prevent disease and ensure regular maintenance of this key part of overall health," he says.

One hallmark of gum disease, also known as periodontitis, is that it breaks down the gums, so that the teeth become loose in the gums, and are at increasing risk of detaching and falling out as the disease progresses. Symptoms include bad breath, an unpleasant taste in your mouth, swollen gums and tenderness or pain when the gums are touched.

The disease starts as gingivitis — swollen gums — and then if left untreated progresses to periodontitis.

Inflammation in the body from one disease has been shown to trigger and exacerbate other inflammation-related diseases. Evidence is showing that gum disease may actually be triggering maladaptive immune responses related to diseases elsewhere in the body. That's why gum disease has been linked to other ailments including rheumatoid arthritis, chronic obstructive pulmonary disease (COPD), and Alzheimer's.

"Periodontitis can become a serious disease," says Dr. Fung. "We help our patients treat it before it happens."

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metro LIFE

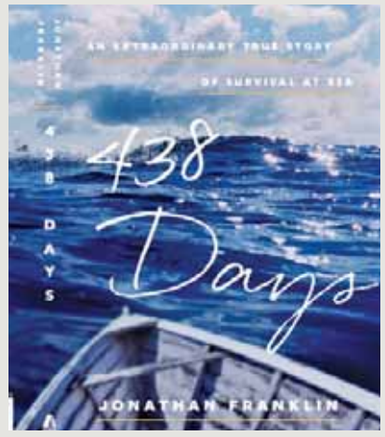
Your essential daily news

U2 play Paris tonight after initial dates were cancelled due to terrorist attacks in November

NEW BOOK

Jonathan Franklin penned the true story of a man lost at sea for 438 days

Sidney Cohen
Metro | Canada



Salvador Alvarenga spent 438 days adrift in the Pacific Ocean following a storm and the death of his crewmate.
GETTY IMAGES AND CONTRIBUTED

"Now is our time to suffer but we are not going to die."

This is what Salvador Alvarenga said to his crewmate as the two fisherman battled the gale-force winds and 18-foot waves that were pummelling their small, open-air fishing vessel off the Mexican coast.

That day in 2012 would be the first of 438 that Alvarenga would spend adrift in the Pacific Ocean.

His only companion succumbed to starvation four months in, but the ever-optimistic Alvarenga survived.

For 14 months, the resourceful seaman staved off thirst and hunger by drinking turtle blood and his own urine, and eating the raw flesh of birds that landed on his fibreglass motorboat.

He endured scorching sun, menacing sharks and unimaginable loneliness.

Alvarenga floated some 10,000 kilometres before washing up — bearded, dazed and legs atrophied — on an islet in Marshall Islands.

Jonathan Franklin, a Chile-based Guardian correspondent, documents Alvarenga's journey in his new book, 438 Days.

An American who travelled to Chile 17 years ago to report on the fall of Pinochet's dictatorship and never left, Franklin is no stranger to tales of extraordinary endurance.

The journalist also wrote 33 Men, a book about the 33 miners who were trapped inside a Chilean mine for more than two months. All 33 made it out alive.

Metro chatted with Franklin about researching his book and to find out what he's learned interviewing fascinating people with stories of survival.

What is it that draws you to stories of survival?
People have a lot more resilience than they ever realize, and I like to share that. A lot of people, when they're put up against the wall, find this inner strength. Fortunately most of us don't have to be out on a boat or at the bottom of a mine, but it shows the strength that a lot of us have inside.

In researching 438 Days, did you go out on one of these small fishing boats?
Yeah I did. It was pretty terrifying. It's like a big canoe. It seemed that it would be so easy to flip these things because they're long and narrow, like you catch a wave on the wrong side and you flip in a second. And we were only a half-mile off shore. These guys were going 100 miles (160 kilometres).

> **"It was terrible in a lot of ways, but there was a wild freedom to the whole experience as well.**
> 438 Days author Jonathan Franklin on Salvador Alvarenga's experience

You've interviewed SWAT commandos, Timothy McVeigh, a Chilean student activist turned communist member of parliament. Has anyone really surprised you?
I thought Tim McVeigh was going to be a raving lunatic and he was a super nice guy. This guy was on death row for blowing up a building — which he admitted to blowing up — killing 168 people. And he was really smart, really funny. You wanted him to be horrible, it would've been much easier if he was a monster, but he definitely was not a monster.

438 Days has drawn comparisons to Life of Pi, the popular novel about survival at sea. Have you read that book?
I deliberately didn't. I was afraid of accidental plagiarism. My daughter gave it to me for Christmas, and I was so excited. Then I thought, "I'll just write my book and then when my book's done I'll go back and read Life of Pi."

When I went into 438 Days, I thought it was like solitary confinement, so I was reading up about prisoners who were stuck in little prison cells. Then I realized what Alvarenga had was solitary unconfinement. He had a whole thriving — although dangerous — ecosystem, which in the end is probably more healthy than mean prison guards in the sterile environment of modern prisons.

It was terrible in a lot of ways, but there was a wild freedom to the whole experience as well.

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Coding workshops aim to attract girls

HOUR OF CODE

Agency offers free lessons promoting digital literacy

Kris Abel
For Metro Canada

More than 4,000 free programming lessons are being held across Canada this week as part of a global initiative promoting digital literacy. Microsoft, Apple and Amazon are giving their support to educators registered at HourOfCode.com who have prepared one-hour lessons at local schools, community centres and libraries.

The focus in particular is on attracting girls. Star Wars characters Leia and Rey along with Frozen's Anna and Elsa star in the movement's programming lessons aimed at ages four and above.

Although women hold just nine to 15 per cent of tech jobs at leading companies, girls under 12 show a strong aptitude and interest for the science and technical skills involved. This has inspired an impressive community of volunteers and non-profit organizations who sense an opportunity to strengthen our society.

"What we're trying to do in our research is tackle really big problems and I think we need to take advantage of the creativity and innovation of our entire population," says professor Molly Shoichet, who hold's Canada research chair in tissue engineering. "We really can't depend upon just half the population to overcome these challenges."

Ladies Learning Code is one of the organizations participating this week that offer beginner-friendly, socially collaborative workshops across 22 Canadian cities year-round.

"We run one-day workshops for people who have never seen a line of code before," says co-executive director Melissa Sariffodeen. "You'll create your own website from scratch and they are beautiful websites that you can launch."

Knowing how to create your own website or run an e-mail newsletter is useful in any career choice, but the lessons are popular for their sense of accomplishment.

Kids liken coding lessons to learning a new language. HANDOUT COURTESY OF LADIES LEARNING CODE

"It's definitely the ability to create something that didn't exist," Sariffodeen explains, "this idea that you've taken something using your own hands, whether it's physical or digital, and you've created something that you can show people. That's what's addictive."

Every day this week YTV's The Zone will share what this is like by pairing their kid contributor Miley with LadiesLearningCode.com mentor Nat Cooper.

"All my friends were telling me about it saying 'oh, you should go try one of these code classes' and then I got to try it and that was pretty fun," Miley enthuses.

Throughout the television week and online lessons at YTV.com, Miley uses HTML and CSS to make a fun, holiday card.

"It was a bit of a challenge, but I like challenges so it was pretty fun to me," she explains. "I like learning languages and it's kind of like learning this cool, computer language, so it's pretty interesting."

Across Canada you'll find community makerspaces devoted not just to programming, but electronics, engineering and even robotics. They all share a similar approach to making their lessons inclusive.

"One thing that girls are interested in is mission-based tasks," explains Nicole Proulx, who organizes robot programming workshops at Robogals.org. "If you add a storyline, if you add a goal to it, that's something that girls are very interested in."

And encouraging girls to develop their creative problem-solving skills is a mission we can all share.

DIGITAL

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Tips to get and keep you in the black

MANAGEMENT

Don't let a budget crunch knock finances off balance

Gail Vaz-Oxlade
For Metro Canada

Some people never grow up! I'm all for following your bliss, and if you can find a way to make your passion pay, then you go for it. But if you're determined to make a living doing something that doesn't pay much, you've got to be prepared to live without some of the things other people have.

And if your hunny bunny is determined to follow his or her bliss, leaving you to pick up the slack, unless you're a total masochist, you gotta know things won't end well.

Inequality

I often scratch my head when I meet a couple where one person is doing all the work and the other is having all the fun. I think to myself, "How long do they think they can keep this up before they drive away their best pal?" But human beings seem to have an enormous tolerance for suffering.

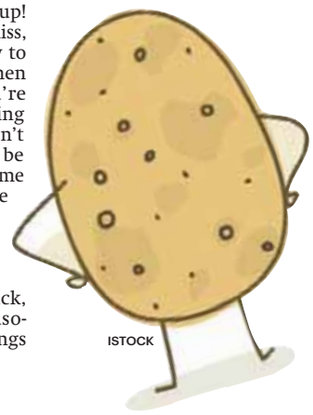
For most of us, if only one person in the relationship is making the money, and the other person is spending it, it's only a matter of time till the sucker wakes up and smells the coffee. But for some poor saps, the misery can go on indefinitely because they just don't think they deserve better.

Rock bottom

So, how low do you have to go before you realize you've hit rock bottom?

Sometimes not even bankruptcy is enough to shock a person who has tuned out back to reality. Witness the folks who go bankrupt and then are back in a hot mess a few years later.

What's the point of going through all the nasty bankruptcy stuff if you aren't even going to bother figuring out how to live within your means?



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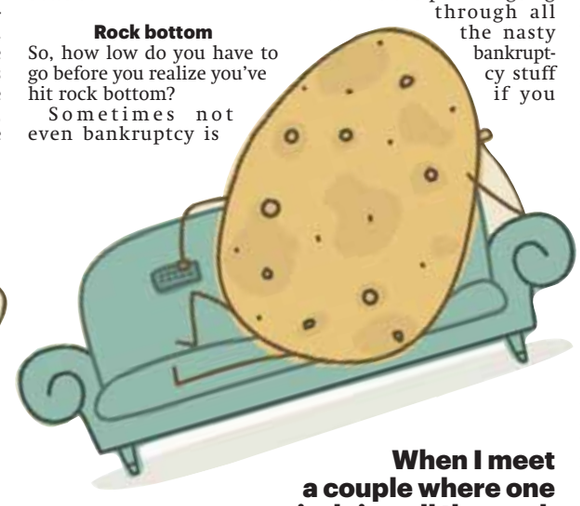

When I meet a couple where one person is doing all the work and the other is having all the fun, I think to myself, "How long do they think they can keep this up?"

Within your means

It should be one of the rules that you have to make a budget and learn to live on what you've got as part of the process.

Wait! It is a rule! That's why people going through debt rehabilitation aren't supposed to have access to credit.

So how is it that folks who are going through bankruptcy or a consumer proposal still have overdraft protection on their accounts? You'd have to ask their banker that question!

Pick up the pace

At some point blowing through all the money to have a here-and-now will get old, and so will you. You best pick up the pace on making more money so you can set a little somethin' somethin' aside for later days.

Start saving

Retirement costs money, and once you stop working, you better have enough set aside to keep a roof over your head and food in your belly. Start in your early 20s and you'll only have to save 6 per cent of your income to be safe and comfortable. Wait until you're in your 40s and you'll have to ramp up the savings to 18 per cent of your income — ouch! — just to keep body and soul together.

$ GET STARTED

It doesn't take a lot to make a secure future

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- In six months, find another $25 a month to add to your auto debit. In a year, find another $25 a month. Now you're on a roll!

For more money advice, visit Gail's website at gailvazoxlade.com

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Better looking with makeup on?

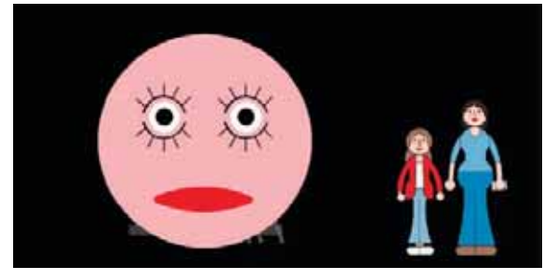
MIRROR (NewYorker.com)
THE ACCIDENTAL INSULT

In spare, modern animation, a mother watches her 13-year-old daughter apply makeup for the first time, for a Halloween costume.

"She puts on mascara, a little eyeliner, some lip gloss," the mother's voice narrates. "I look at her, and then these words come out of my mouth: 'Wow, you look so much better.'" "Wow," a man replies, laughing. The mother laughs along, audibly abashed.

As she continues her story (her daughter shrugged off the diss), something lovely happens: the screen fills with little boxes, illustrating small but significant mother/daughter moments — first steps, sliding boards, school buses — as the daughter inches toward independence.

This two-minute video was the brainchild of illustrator Chris Ware, who draws many New Yorker covers. For the Dec. 7 issue, he asked Ira Glass, the host of the radio show This American Life, to provide him with an audio interview that he could animate; Glass offered writer Hanna Rosin's story about her daughter Noah; and the video was born.



Chris Ware's short explores emotion. SCREENSHOT/NEWYORKER.COM

Ware wanted, says an essay that accompanies the video, to "extend the emotion" of a magazine cover, and to see if enhancing a radio story with images lessened or enhanced its emotional power. And obviously, both The New Yorker and This American Life are keen to add visuals to their stuff, to grab more traction online.

They're not alone: The New York Times recently began releasing short, 3D video docs to accompany Sunday Times Magazine stories.

So far, these shorts are worth watching. The trend certainly is.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

GOSLING HOSTS SNL, PAYS HOMAGE TO CANADA

It was a very Canadian opening to Saturday Night Live with Ryan Gosling as host.

While Gosling first spoke with a Brooklyn accent, talking about how great it was to be home in New York for the holidays, SNL's Cecily Strong pointed out the star's Cornwall, Ont. birthplace. Gosling suggested it might not be the time to talk about being an immigrant in the U.S.

That's when a Toronto Maple Leafs jersey-clad Mike Myers entered — listing "our hunky new prime minister Trudeau, Degrassi Junior High, and Sir Justin Bieber," as reasons to be proud.

There were standard jokes about Canadian sayings such as "eh and "a-boot." They even trotted out Bonhomme, the Quebec City Winter Carnival mascot, ahead of a musical tribute to Christmas in Canada, with the cast donning Canadian tuxedoes.

THE CANADIAN PRESS

The Canadian short-track speedskating team collected five medals on Sunday, led by Francois Hamelin's gold in the men's 500 metres

Fine for Marchand hit was 'best money I ever spent'

NHL

Canucks wing doesn't regret spearing Bruin in the groin

Cam Tucker
Metro | Vancouver

Brandon Prust was unrepentant Sunday after receiving supplementary discipline from the NHL for a spear to the groin area of pesky Boston Bruins Brad Marchand the previous night.

The league fined Prust $5,000 for the incident, which occurred late in the third period of Vancouver's uninspiring 4-0 loss to the visiting Bruins on Saturday. Prust went out of his way to turn toward and then jab his stick into Marchand's nether regions.

Marchand stayed down on the ice for a few seconds before making his way to the bench. Prust was given a 10-minute misconduct, ending his night.

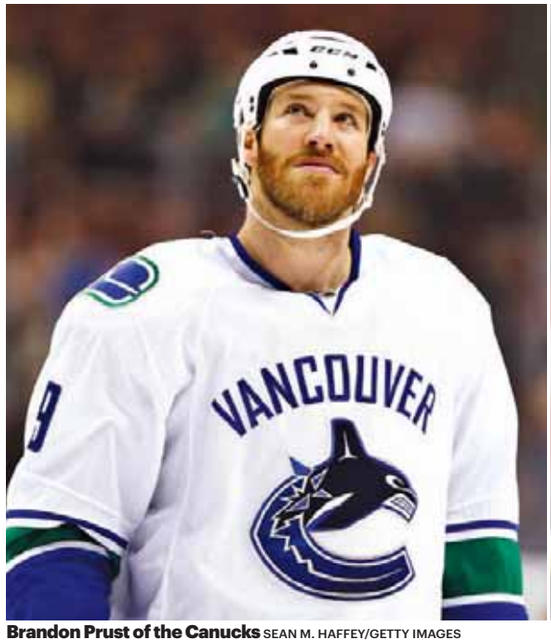
"Best money I ever spent," Prust told reporters following a practice Sunday, as per video from the Canucks' website.

"He sold it pretty good. I saw him laughing at the bench after so I don't think he's too hurt."

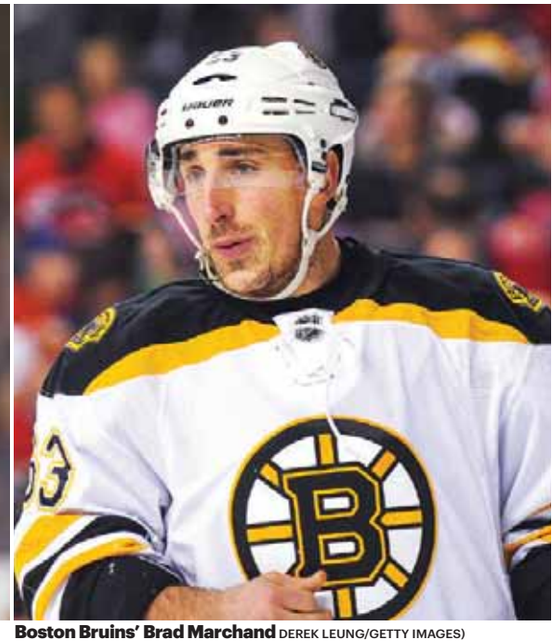
Marchand also has a history of disciplinary transgressions throughout his career, and has on more than one occasion drawn the ire of the Canucks and their fans for previous acts.

That includes a dangerous low-bridge hit on former Vancouver defenceman Sami Salo in the 2011-12 season during an emotional rematch of the 2011 Stanley Cup Final between the Canucks and Bruins.

"Yeah, I think he does that every night," continued Prust, who previously played for the Montreal Canadiens, a historic rival of the Bruins. "Sometimes you want to do it back. Just heat of the moment. Skate by and it happened. Nothing I can do now."



Brandon Prust of the Canucks SEAN M. HAFFEY/GETTY IMAGES



Boston Bruins' Brad Marchand DEREK LEUNG/GETTY IMAGES)

> **He sold it pretty good. I saw him laughing at the bench after so I don't think he's too hurt.**
> Brandon Prust on Marchand's reaction

Frustration has been building for the Canucks, and there were plenty of signs of that in the final minutes of Saturday's game. The Canucks are in a downward spiral. The loss to Boston marked Vancouver's fifth straight defeat. They have just four wins in their last 17 games, and now sit tied with the Toronto Maple Leafs for the fewest wins in the league with nine. For a while, there have been concerns about the Canucks on the defensive side, but as of late, they've struggled mightily to produce anything offensively.

Their shot totals for the last three games: 16, 16 and 17.

The Canucks host the Buffalo Sabres on Monday.

NHL IN BRIEF

Kane extends streak as Blackhawks defeat Jets

Teuvo Teravainen scored from a sharp angle 21 seconds into the third period to snap a tie, and Marian Hossa had a goal and an assist as the Chicago Blackhawks beat the Winnipeg Jets 3-1 on Sunday to end a three-game losing streak.

Chicago right wing Patrick Kane assisted on Artemi Panarin's empty-net goal with 1:46 left to extend his point streak to 22 games, breaking Bobby Hull's team record. THE ASSOCIATED PRESS

Rangers cruise past Sens thanks to Brassard double

Derick Brassard scored twice and Henrik Lundqvist stopped 23 shots to lead the New York Rangers to a 4-1 win over the Ottawa Senators on Sunday.

Ryan McDonagh and Jesper Fast also scored to help the Rangers snap a two-game skid and win for the second time in seven games (2-4-1). Marc Methot scored for Ottawa.
THE ASSOCIATED PRESS

Oilers shoot down Sabres

Taylor Hall and Teddy Purcell each had a goal and an assist as the Oilers continued their climb out of the NHL basement with a 4-2 victory over the Buffalo Sabres on Sunday.

Jordan Eberle and Luke Gazdic also scored for the Oilers (11-15-2), who have won three in a row and four of their last five to move closer to a playoff position.
THE CANADIAN PRESS

Development of the new Las Vegas Arena cost $325 million US. THE CANADIAN PRESS FILE

Expansion a hot topic but not pressing

It was during the NHL board of governors meeting a year ago that potential Las Vegas ownership got the green light to proceed with a season-ticket drive. That development came out of nowhere.

There remains no firm timeline on expansion, though this week's board meetings could take the process another step further. The executive committee is scheduled to meet before the big group Monday in Pebble Beach, Calif., to review expansion presentations from Las Vegas and Quebec City.

The earliest expansion could happen is the 2017-18 season, something deputy commissioner Bill Daly said last month was still possible even if the board doesn't vote this week. Such a vote to approve or decline expansion is not expected.

"We really haven't canvassed the ownership as a group," Daly said last month. "(The executive committee meeting will) be really the first time where we kind of roll up our sleeves and talk about the applications."

> **This doesn't get governed by PR or politics or pressure.**
> Gary Bettman

Quebecor and Bill Foley's Black Knight Sports & Entertainment presented to the board in September in New York. That came on the heels of the Hockey Vision Las Vegas ticket drive receiving 13,500 season-ticket deposits and the brand-new Videotron Centre in Quebec City selling out for a pre-season game between the Montreal Canadiens and Pittsburgh Penguins.

Quebecor showed the board a DVD of that successful night. Commissioner Gary Bettman said in September that it "wasn't a bad thing that the building was test-driven."

"Were we surprised that it was sold out? Absolutely not. I could've told you that before they did it," Bettman said.

"Nobody had any doubt that there was fan interest in Quebec City." THE CANADIAN PRESS

SOCCER

Timbers capture MLS Cup

The Portland Timbers had a plan to attack early in their first MLS Cup appearance. They didn't expect it to work to perfection so quickly.

Diego Valeri scored 27 seconds after the opening whistle for the fastest goal in MLS Cup history to stun the Columbus Crew and their home fans.

A second goal in the seventh minute by Rodney Wallace provided all the scoring the Timbers needed to beat the Crew 2-1 on Sunday for their first league title.

SUNDAY In Columbus

TIMBERS	CREW
2	1

The first goal came when Columbus midfielder Wil Trapp sent a back pass to goalkeeper Steve Clark, who tried to move the ball from his right foot to the left for a clearance. But Clark didn't see Valeri closing and the midfielder poked the ball away from him and into the goal.

Kei Kamara, the Crew star who tied for the MLS regular-season lead in goals with 22, made it 2-1 in the 18th minute off a poor punch of the ball by Timbers goalkeeper Adam Larsen Kwarasey.

But that was the only shot on target among the nine Columbus took in the match.

THE ASSOCIATED PRESS

Seahawks romp over Vikings

NFL

Wilson finds his groove and hits weakened Minnesota hard

With Seattle well in control at Minnesota, Russell Wilson raced 53 yards to the end zone.

A holding call on the Seahawks wiped out the touchdown, so he passed for a score on the next play.

At just the right time, Wilson and the two-time defending NFC champion Seahawks have found their rhythm.

Wilson threw for three touchdowns and rushed for another, Seattle's defence didn't allow a score, and the surging Seahawks won their third straight game Sunday with a 38-7 romp over the Vikings.

"Everybody's fired up on the sidelines. It's special to watch. It really is," said Wilson, who has passed for 11 touchdowns without an interception, and an average of 293 yards with a 76.7 completion rate during the winning streak.

Doug Baldwin had two touchdowns and 94 yards receiving and Thomas Rawls rushed for 101 yards and a score as the Seahawks (7-5) did whatever they wanted against an injury-depleted Vikings defence. Rawls, who has 712 yards, has the most rushing yards by an undrafted player in his first six career starts since the 1970 merger.

Seattle had 433 yards to Minnesota's 125, the lowest total by any NFL team this season, according to STATS.

Seahawks quarterback Russell Wilson dives into the end zone for an eight-yard touchdown run against Vikings cornerback Antone Exum, bottom, and defensive tackle Tom Johnson on Sunday in Minneapolis. ANN HEISENFELT/THE ASSOCIATED PRESS

That all starts with Wilson.

"It's hard to even explain how he's playing. It's just phenomenal," Baldwin said. "He's trusting the line, staying in the pocket, making his reads. He's delivering the ball with stupid accuracy, and it's unbelievable to watch."

Following a 2-4 start, with losses by a total of 17 points all to teams that were undefeated at the time, the Seahawks have climbed deeper into the playoff picture.

"It's a grind, you know? We faced a little bit of adversity at first," Rawls said, "but I think we're on schedule."

SUNDAY In Minneapolis

SEAHAWKS	VIKINGS
38	7

League rushing leader Adrian Peterson was limited to 18 yards on eight carries, the third-lowest single-game total of his career, and the Vikings (8-4) needed a 101-yard kickoff return by Cordarrelle Peterson in the third quarter to keep from being blanked.

"We were outcoached in so many ways," Peterson said, frustrated by the lack of carries. "And outplayed as players."

The Vikings fell back into a first-place tie with Green Bay for the NFC North lead three days after the Packers beat Detroit on a desperation pass on the last play. The Vikings, who lost 30-13 to Green Bay in their previous home game, took their most lopsided loss in Minnesota since a 34-3 defeat by Chicago on Nov. 25, 1984.

THE ASSOCIATED PRESS

UNDEFEATED

Panthers remain purr-fect

Cam Newton and the Carolina Panthers displayed composure in the clutch. That's what unbeaten teams do.

Newton passed for five touchdowns, capped by a 15-yard scoring strike to Jerricho Cotchery with 1:05 to go, and the Panthers clinched the NFC South with a 41-38 victory over the New Orleans Saints on Sunday.

Cam Newton GETTY IMAGES

"I expected us to win the football game," Newton said, adding he wasn't pleased by how tight the game got at the end against the reeling Saints (4-8), who've lost four straight. "We've got to find ways moving forward not to put ourselves in this position. This was a wakeup call for us. And moving forward, we know we can't just win games by us showing up."

Carolina, the only remaining undefeated team in the NFL, has the ninth 12-0 start in the Super Bowl era. The Panthers have won 16 straight regular-season games.

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RECIPE Chicken Noodle Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

It's not just grandmas who will tell you that a bowl of chicken noodle soup will fight off a cold — science has proved it! Plus, there's nothing more comforting on a cold night.

Ready in
Prep time: 30 minutes
Serves 8

Ingredients
- 2 Tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 Tbsp thyme (fresh or dried)
- 1 bay leaf
- 2 x 940 ml containers low-sodium chicken stock
- 250g noodles
- 1 1/2 cup cooked chicken (poached or use leftovers)
- Salt and pepper to taste

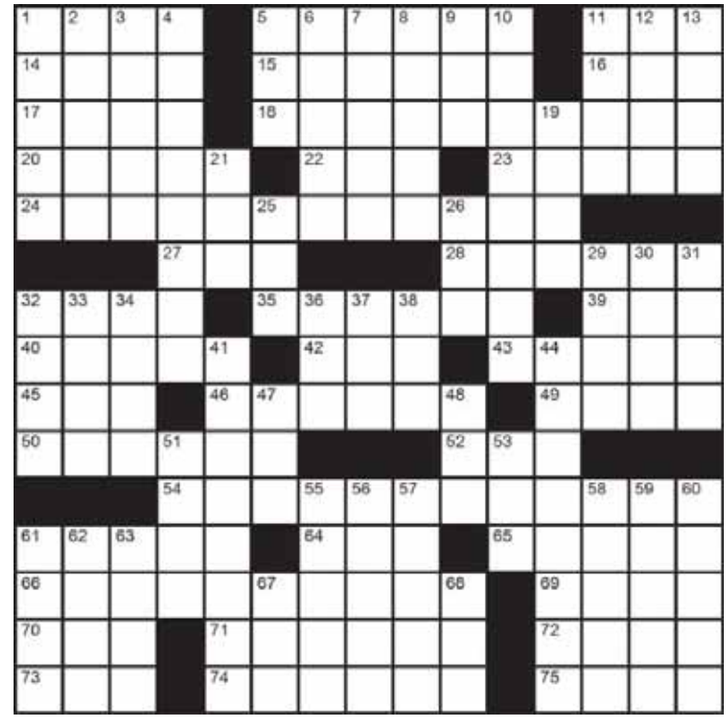
Directions
1. In a large pot, sauté onion, garlic, carrots, celery, thyme and bay leaf in olive oil over medium heat until soft, about 6 minutes.

2. Add stock and bring to a simmer. Add noodles until just cooked. Add chicken. Check for seasoning.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Celebrated caped Count, curtly
5. 'The Father of Independent India', Mahatma __ (b.1869 - d.1948)
11. Carrie Underwood honour, e.g.
14. Ontario's Casino __
15. Treasures
16. Rowboat steerer
17. 'U' of ICU
18. Their crafts are celebrated at the Bata museum in Toronto
20. Inklings
22. "Notes __ _ Scandal" (2006)
23. Overly feast
24. Perturbed
27. Select
28. Firstborn
32. Ointment
35. Backpackers' lodging
39. Mr. Tolstoy
40. Accused's defence
42. Teensy
43. Ore evaluation
45. Zodiac species
46. Handle
49. Checks for accuracy
50. Had heavenly hopes
52. Alphabetic trio
54. Canadian groups The Diamonds or The Crewcuts: 2 wds.
61. One-of-some going up/down
64. Lionel Richie's "Stuck on __"
65. Gloria Bunker's mother
66. __ nose (Actor's looks-changer)
69. Pace
70. Diving bird variety
71. __ Teagarden (Fictional librarian/sleuth of murder mysteries)
72. Atomic Number 92, for short
73. "Sure thing."
74. Smaller in importance
75. Graduate

DOWN
1. Stonehenge ritualist
2. The Amazing __ (Toronto-born magician/skeptic)
3. Vivienne's friends
4. Burial chamber beneath the city
5. Vehicle's energizer
6. Type of specific-purpose committee 2 wds.
7. Peter of Herman's Hermits
8. Gloom
9. Tailoring alteration site
10. Spanish queen called 'The Catholic' (b.1451 - d.1504) who was a backer of explorer Christopher Columbus
11. Filmmaker brothers Joel or Ethan
12. Ms. Helgenberger
13. "Come on, Dover, move yer bloomin' __!" - Eliza goading a racehorse in "My Fair Lady" (1964)
19. Scottish captain of 17th-century seas
21. Soak
25. __ degree
26. Gridiron support
29. "So what __ is new?"
30. Flyer's spot
31. Santa's sack stash
32. Poet
33. Axillary
34. 'L' of household cleaning brand CLR
36. Newman's __ (Salad dressing brand)
37. Home of baseball's Mariners, briefly
38. Young sheep
41. Legendarily long living/lasting
44. __ Islands (Arctic Ocean archipelago in Nunavut)
47. Airport tower [acronym]
48. French coin of yore
51. Notice: French
53. "Lost" star, Daniel __ Kim
55. __ Rock (Oz postcard photo)
56. Tennyson poem, The __-Eaters
57. About 25 sheets of paper
58. Lady's crown
59. Singing legend Ms. James'
60. Afterwardses
61. __ or neuter
62. Loyal
63. Says it's hunky-dory
67. Tint
68. Ford fabrication

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
There will be a certain amount of confusion this week, and maybe deliberate deception as well. Part of you instinctively knows the answers so listen to it you won't go far wrong.

Taurus April 21 - May 21
You seem to be immensely popular, most likely due to the influence of Venus moving through the relationship area of your chart. So long as you don't take liberties others will do almost anything for you.

Gemini May 22 - June 21
Your mind is focused on personal issues and until you have got them sorted out you won't be able to give the professional side of your life the attention it requires.

Cancer June 22 - July 23
Cosmic activity in your fellow Water sign of Scorpio gives you the kind of can-do attitude that will get jobs done. But you find time to remind loved ones how much you care.

Leo July 24 - Aug. 23
Don't let feelings get in the way of facts today. The Moon's eclipse of Venus in one of the more emotional areas of your chart means you won't be thinking straight, so keep your opinions to yourself.

Virgo Aug. 24 - Sept. 23
Someone you meet on your travels could have an unexpected effect on your emotions. Be careful how you behave — what seems like a fling to you may be taken seriously by them.

Libra Sept. 24 - Oct. 23
Money and status may be important to you but no matter how successful you are the most important things in life are your relationships. You are rich in love and that's what counts.

Scorpio Oct. 24 - Nov. 22
Don't let anything stop you from having fun. Others may say you're being irresponsible but the more you let your hair down now the more work you will get done later.

Sagittarius Nov. 23 - Dec. 21
It may seem as if the most interesting events are taking place elsewhere but is that true or is it just that you fear being left out? Don't worry. You will find the balance between getting work done and having fun.

Capricorn Dec. 22 - Jan. 20
You can afford to be generous as the new week begins, especially when dealing with people who have not been as fortunate as you. Remember to try not to judge others too harshly.

Aquarius Jan. 21 - Feb. 19
If someone tries to abuse their authority today you must not let them get away with it. Find ways to let them see that they have let themselves down. Shame is a powerful weapon.

Pisces Feb. 20 - March 20
Strike out in a new direction. Don't think about it or you will come up with a thousand reasons for not moving forward. Just act and deal with the consequences later.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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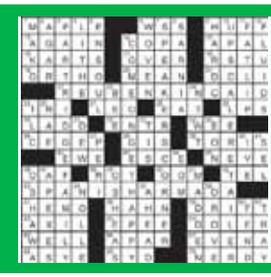

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